

Ejjeh... golden discs of wonder

This recipe is my own expanded version of the basic dish. Traditionally made with just egg and parsley, my recipe adds more vegetables and spices, giving the dish a new range of flavours and textures. Ejje is usually fried, but it also can be baked in an oiled baking pan. This process will take just 40 minutes at 180°C / 350°F. Ejje is generally preferred. These crunchy discs can be eaten as they are, or used as wrap fillings.

INGREDIENTS

- 2 carrots, grated
- 1 zucchini, grated
- ¼ small pumpkin, peeled and grated
- ½ onion, grated
- 1 small red capsicum, seeded and grated
- ½ bunch flat-leaf parsley, chopped
- 1 tbs garlic & herbs ~~1~~ 1 clove garlic
- 1 tsp dried mint / fresh mint
- 1 tsp mixed spice (baharat) ~~1~~ zaatar
- ~~1 tsp Aleppo pepper~~
- 1 tsp fine black pepper
- 1 tsp sea salt
- 2 cups SR flour
- 3 eggs
- rice bran oil (to fry in)

garnish

double
recipe

METHOD

- Place the carrots, zucchini, pumpkin, onion and capsicum in a large bowl with the parsley.
- Beat the eggs and add to the vegetables. Combine the flour with 2 cups water and add this, also, to the mixture.
- Add the spices to the mixture, and mix well to form a dough.
- Fill a deep saucepan or a deep-fryer with rice bran oil and heat to at least 170°C.
- Using a large spoon, drop dollops of the mixture into the hot oil in several batches so as not to lower the temperature of the oil.
- Once they are golden on the underside, flip them over until both sides are a deep golden colour. Lift them from the oil and place on paper towels to drain.
- To garnish ejje, place a spoonful of labneh on top and finish with an olive ~~branch~~ and parsley, labneh / pumpkin seeds.